



UCOOK

Indian-style Hake & Sambal

with savoury jasmine rice

This elevated hake recipe combines the intricate flavours of India to bring you a meal that will become one of your favourite food memories. Onion & bell pepper loaded jasmine rice is topped with crispy-skin hake. A rich & creamy Madras curry is ladled over the fish, then sided with tomato salsa to cool the palate.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Megan Bure

Adventurous Foodie

Stettyn Wines | Stettyn Family Range Chenin Blanc 2023

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Ingredients & Prep

1	Bell Pepper <i>rinse, deseed & dice</i>
1	Onion <i>peel & finely dice</i>
200ml	Jasmine Rice <i>rinse</i>
2	Tomatoes <i>rinse & roughly dice</i>
5g	Fresh Coriander <i>rinse, pick & roughly chop</i>
20ml	Lemon Juice
5ml	Chicken Stock
20ml	Medium Curry Powder
30ml	Vinegar & Jam <i>(10ml White Wine Vinegar & 20ml Apricot Jam)</i>
60ml	Crème Fraîche
2	Line-caught Hake Fillets

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Milk (optional)
Paper Towel
Butter (optional)

1. SAVOURY RICE Boil the kettle. Place a pot over medium-high heat with a drizzle of oil. When hot, fry the diced bell pepper and ½ the diced onion until browned and soft, 4-5 minutes (shifting occasionally). Mix through the rinsed rice and pour in 300ml of water. Cover and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork and cover.

2. ZESTY TANGY TOMATOES In a bowl, toss together the diced tomato, ½ the chopped coriander, the lemon juice, a sweetener (to taste), a drizzle of olive oil, and seasoning. Set aside.

3. MADRAS SAUCE Dilute the stock with 60ml of boiling water. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the remaining diced onion until golden, 4-5 minutes (shifting occasionally). In the final 1-2 minutes, mix through the curry powder (to taste). Stir in the diluted stock and the vinegar & jam mixture, and simmer, 1-2 minutes (stirring occasionally). Remove from the heat, mix through the crème fraîche, and season. Just before serving, loosen with a splash of milk (optional) or water if the sauce is too thick.

4. PAN ROASTED HAKE Place a clean pan over medium heat with a drizzle of oil and a knob of butter (optional). Pat the hake dry with paper towel. When hot, fry the hake, skin-side down, until crispy, 3-4 minutes. Flip and fry the other side until cooked through, 3-4 minutes. Remove from the pan and season.

5. DIVE IN Plate up a bed of the savoury rice and top with the golden hake. Drizzle over the heated madras sauce and serve the tomato sambal on the side. Garnish with the remaining chopped coriander.

Nutritional Information

Per 100g

Energy	375kj
Energy	90kcal
Protein	4.2g
Carbs	14g
of which sugars	2.7g
Fibre	1.4g
Fat	1.7g
of which saturated	0.8g
Sodium	81mg

Allergens

Gluten, Allium, Wheat, Sulphites, Fish, Cow's Milk

Eat
Within
1 Day